

Food & Nutrition Policy

Kalangadoo Kindergarten promotes safe, healthy eating habits in line with the **Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools** and relates to the DECS wellbeing strategy.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three ways:

1. Short term: maximises growth, development, activity levels and good health.
2. Long term: minimises the risk of diet related diseases later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

Therefore:

- staff at this preschool model and encourage healthy eating behaviours
- food and drink are consumed in a safe, supportive environment for all children
- parents and caregivers are encouraged to supply healthy foods that fit within the **Right Bite** strategy for their children at preschool.

Curriculum

Our preschool's food and nutrition curriculum:

- is consistent with the *Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*
- includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- includes opportunities for children to develop practical food skills like preparing and cooking healthy food
- integrates nutrition across the SACSA framework where possible, **relating to the Developmental learning outcome: 'Children develop a sense of physical wellbeing'**

Parents and carers are encouraged to supply fruit and vegetables at Healthy Snack Time to:

- o provide children with important minerals and vitamins
- o encourage a taste for healthy foods.

Food and drinks provided to children:

- o parents and carers are encouraged to provide healthy food and drink choices in line with the **Right Bite** strategy
- o staff will ensure that food provided to children by the preschool is in line with the **Right Bite** strategy.

Food safety

Our preschool:

- promotes and teaches food safety to children as part of the curriculum
- encourages staff to access training as appropriate to the *Right Bite Strategy*
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff.
- does not allow sharing of food between children

Our preschool:

- liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.

Our preschool:

- invites parents and caregivers to be involved in the review of our site food and nutrition policy
- provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:
 - o newsletters
 - o policy development/review
 - o information on enrolment
 - o pamphlet/poster displays
 - o promotes the alignment of fundraising with the *Right Bite* strategy.

Allergies and Anaphylaxis

At times there will be children who attend the kindy who have allergies to certain foods. These can be life threatening and/or have life-long health implications. We ask that parents respect requests from staff to avoid bringing certain foods into the kindergarten.

If you need further advice please read our *Anaphylaxis and Allergen Policy*.

Current restrictions include:

-No eggs, only baked in goods. Children are not to share food at Kalangadoo Kindergarten

Note: If your preschool has a child with a serious **food allergy** (eg. eggs), a separate policy for the duration of that child's involvement with the preschool should be developed and communicated to parents and staff.

REVIEWED: 07/06/17